Published by
caesthoffe

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poor mans potato (recipe)

this single "meal" has been keeping me alive in-between jobs right now. very low effort (great for bedrotters), insanely quick and very cheap. and potatos have lots of good stuffs in them. also very variable, i boiled ingredients down to the near-essentials.

yields 1 serving

INGREDIENTS

1 medium/large potato

1 tbsp butter, halved or quartered

salt to taste

EQUIPMENT

plate

fork

knife

DIRECTIONS

1. Rinse potato
2. Stab potato all over with fork
3. Microwave potato for 3-5 minutes
4. Slice in half lengthwise, score/mash insides. Add 1/2 t of butter to each side, letting the heat melt it a bit before mashing. Add salt to taste.

like i said, this recipe is very easy to build upon. you could add anything from cheese to chives to sour cream. i just wanted people to know that MICROWAVES ARE NOT INHERENTLY INFERIOR WAYS TO COOK !!!! USE YOUR MICROWAVE !!!!

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